

**DCF Psychotropic Medication Advisory Committee**  
**Meeting Minutes**  
**June 3, 2022, 1:00 PM**

**PRESENT via Video Conference: Paul Rao, MD; Margaret Rudin, APRN, PhD; Amy Veivia, PharmD; Bryan Keyes, MD; Carissa Patsky-Pomerleau; Pamela Heatherington; MD; Nicole Taylor, MD; Hyesil Adams, MD; Jason Velasco, MD; Naomi Libby, MD; Hilary Klein, MD**

1. The meeting was held remotely via Zoom; Dr. Rao called the meeting to order at 1:05pm.
2. The next meeting is scheduled for September 9, 2022, from 1pm – 2:30pm via Zoom
3. Minutes: The minutes of the June 2022 meeting were reviewed and approved with minor changes.
4. Announcements: Dr. Rao welcomed our new members to the committee.
5. PMAC Overview and Oversight Considerations around Psychotropic Medications for Youth: Dr. Rao provided an introduction to PMAC and its role in DCF's CMCU and the medication consent processes. Additionally, members discussed an article regarding this oversight for children in foster care. Dr. Velasco commented on the processes in place and how they compare favorably to those in other states.
6. Medication therapeutic class review and discussion: The guidelines for lithium and the anticonvulsants were discussed. It was noted that a warning regarding the potential for rash and Steven's Johnson Syndrome be included in the lamotrigine section. Other minor/formatting changes were recommended.

There was discussion about a treatment referred to as the Matthews Protocol and its use in DMDD. Many members reported that they had heard of the protocol but did not have first-hand experience in prescribing the combination amantadine/oxcarbazepine medication protocol. A recommendation was made to review the evidence base for this protocol and report findings at the next PMAC meeting.

7. New Business:
  - There was discussion regarding a potential role for PMAC in preparing guidelines for Medication Assisted Treatment (MAT) for youth with substance use disorders. The committee endorsed the idea of PMAC issuing a statement of support. This will be further discussed at a future meeting. It was noted that while treatment with MAT for youth is recommended, finding providers or treatment centers was difficult. One member reported that the APT Foundation offers services for Medications for Opioid Use Disorders (MOUD). Project Courage Substance Abuse Recovery Center also provides services for adolescents and young adults. The committee agreed that a resource listing provider or IOP

treatment centers in CT would be beneficial. A. Veivia will work to compile a list for discussion at the next PMAC meeting.

8. Standing items:

- ❑ Obtaining vitals, laboratory tests, and other assessments: This was discussed; no changes are recommended at this time. It was recommended to leave the assessments as is until the public health emergency has ended. It was noted that providers should maintain the 30-day requirement if/when treating inpatient youth.

9. Other as time allows:

- ❑ A member asked how providers were providing long-acting injectable antipsychotics for patients. Some members reported using visiting nursing services.
- ❑ A member asked about ECT services in CT and was referred to Yale Interventional Psychiatry.
- ❑ There was a question regarding the need for guidelines permitting the use of metformin for metabolic complications associated with psychotropic medications. Since CMCU does not oversee the use of metformin, permission is not necessary currently.
- ❑ A. Veivia announced that antihypertensive medications and antidepressants would be reviewed at the September meeting and asked members to forward any areas of interest in advance of the meeting. Dr. Rudin asked for research into the possibility that brand name Lexapro was more potent than the generic escitalopram. Findings will be reported at the next meeting.

10. Dr. Rao adjourned the meeting at 2:30PM.

Respectfully submitted: Amy Veivia, PharmD